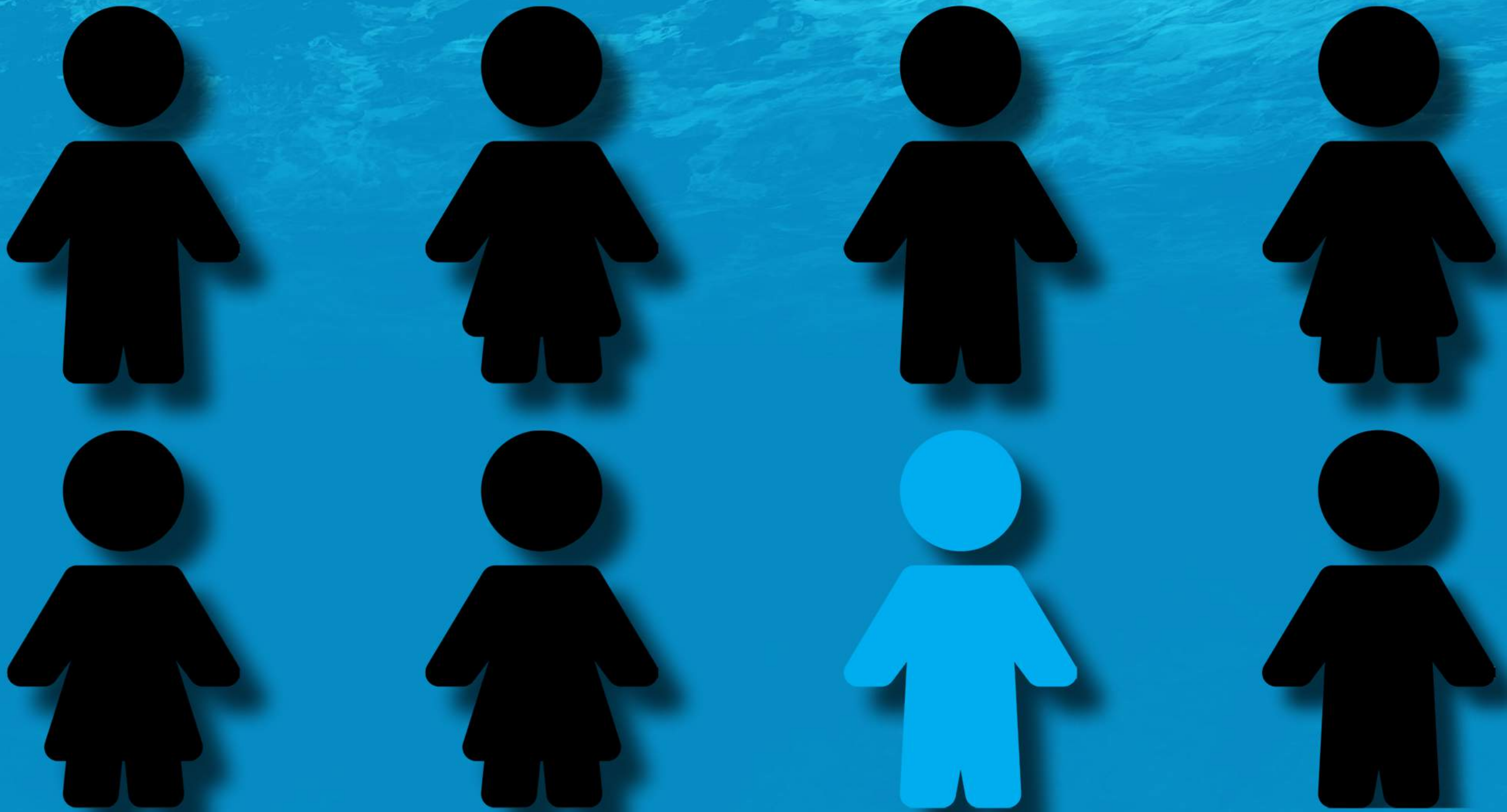


November
Nowemapa 2018



Olakino

Newsletter



Look Inside for:

- November - January class schedule
- Diabetes Risk Test - are you at risk?
- 'Ono recipes for this holiday season

Diabetes Awareness

1 in 8 adults in Hawai'i has diabetes. Are you one of them?

A message from our Board of Directors



Aloha kākou,

Diabetes impacts all of us. If we don't have it, chances are a close family member or friend has diabetes. When do we really know we have it? Sometimes a family member has it so we know to check with our doctor. For me, there was no one. How did I find out that I had diabetes? I was sick with gallbladder attack and needed to have surgery. They found my sugar count was so high, so my doctor started to do more tests: urine tests, blood work, and heart tests. All of this took place about 43 years ago. I was told I needed to take care of myself and eat the right kind of food. I was on the Board of Hui Mālama Ola Nā 'Ōiwi when we were on Railroad Avenue. They were going to start a diabetes class so I joined the class. I learned what I should eat, how much, and how to cook my food. They also took my A1C test and helped me with all my questions. I took my test results to my doctor and she started me on my medicine. First, I had to get my weight down. It took me a long time but I did it, losing about 25 pounds. Second, I continued to educate myself. I took all the classes that Hui Mālama offered. Today, I am living a good life at 77 years old and still working. So people, take care of yourself, check with your doctors, and look to Hui Mālama for help. Mahalo nui loa,

Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

November is Diabetes Awareness Month. Are you aware that, according to the American Diabetes Association, approximately 1 in 8 adults in Hawai'i has diabetes? While that number is far too high, what really concerns me is that 46,000 do not know they have diabetes. Are you one of those 46,000?

I was diagnosed with diabetes about 20 years ago. I did not have any major health concerns at the time, but the doctor found the diabetes after running some routine blood tests. If I hadn't gone to my appointments and been proactive in my health, how long would I have been living with diabetes and not known it?

Once I knew I had diabetes, I made some changes, but nothing that drastically changed my quality of life. I take my medication as prescribed. I eat healthier... more fruit and vegetables. And I make sure to see my doctor at least quarterly to do routine tests and keep an eye on my health.

Some cases are not as simple as that. I have friends living with diabetes who developed kidney disease. As a result, they must get dialysis treatment on a regular basis. Often, this is four hours of treatment three times a week.

I have friends who have lost limbs to the disease. And I have friends who have lost their lives to diabetes.

I share this not to scare you, but to get your attention. Diabetes is so prevalent in our state, among our families, both keiki and adults. We need to pay attention and take preventative measures. Simple ways to reduce risk of type 2 diabetes are to eat healthier and exercise regularly. If you already have diabetes, you can still live a healthy, active, and happy lifestyle. Hui Mālama Ola Nā 'Ōiwi is here to help. We offer a free diabetes management class, diabetes support group, and several other health programs to help our community live a healthier life. Come see us. (808) 969-9220. Mahalo nui loa,

Louis Hao - Executive Director



Hui Mālama Ola Nā 'Ōiwi
Hawai'i Island Health Care System

Live Longer & Feel Better, Together

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Editor-In-Chief: Jasmine LeFever
jasmine@HMONO.org

Content Writer: Marguerite Stith

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(808) 969-9220

1438 Kīlauea Ave., Hilo, HI 96720

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Become a member today!

Take advantage of

Hui Mālama Ola Nā 'Ōiwi
health services. Just visit:

HMONO.org/register

*Printing of Olakino provided by the
Kamehameha Schools East Hawai'i Region*

What's Happening Around Hawai'i Island?

Health Education
NEW! - Tobacco Cessation Classes, a 6-week program

Ka'ū Tobacco Cessation Class
 November 1, 8, 15, 20, 30, & December 6
 9:00am, Ka'ū District Gym

Hilo Tobacco Cessation Class
 November 2, 9, 15, 19, 30, & December 7
 2:00pm, Hui Mālama Office

Diabetes Support Group
 Tuesday, November 6, 5:30-7:00pm, Hui Mālama Office
 Tuesday, November 20, 1:00-2:30pm, Hui Mālama Office


Cancer Support Group
 Tuesday, November 13 & 27, 5:30-7:30pm, Hui Mālama Office

Exercise & Fitness
Basic Stretch & Strengthening
 Tuesdays & Thursdays, 10:30am
 Malia Puka O Kalani Church Gym in Keaukaha

Basic Stretch & Strengthening in Ka'ū!
 Wednesdays, November 7, 14, & 28, 9:30am
 Na'ālehu Community Center

Zumba
 Friday, November 9, 10:00am, Hui Mālama Office
 Mondays & Wednesdays, 5:30pm, Malia Puka O Kalani Church Gym

Therapeutic Yoga
 Tuesdays & Thursdays, 5:00pm, Malia Puka O Kalani Church Gym

 Hui Mālama Ola Nā 'Ōiwi	NOVEMBER	DECEMBER	JANUARY
HILO			
DIABETES MANAGEMENT	Thurs 11/1 - 11/15		
HEALTHY HĀPAI	Mon 10/22 - 11/26		Mon 1/7 - 2/11
HYPERTENSION			Wed 1/9 - 1/30
TOBACCO CESSATION	Fri 11/2 - 12/7		
PUNA			
HYPERTENSION		Wed 12/5 - 12/19	
KA'Ū			
DIABETES MANAGEMENT	Mon 11/19 - 12/3		
EXPANDED FOOD & NUTRITION EDUCATION			Wed 1/16 - 2/19
HEALTHY HĀPAI	Wed 11/7 - 12/5		
TOBACCO CESSATION	Thurs 11/1 - 12/6		
KONA			
DIABETES MANAGEMENT		Tues 12/4 - 12/18	
HEALTHY HĀPAI			Wed 1/16 - 2/13
HYPERTENSION	Tues 11/6 - 11/20		
NORTH HAWAI'I			
DIABETES MANAGEMENT			Mon 1/14 - 2/4
EXPANDED FOOD & NUTRITION EDUCATION	Wed 11/7 - 12/6		
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes			

Visit our website for information on more services! HMONO.org

Out in the Community

Here is some of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i Island 'ohana Live Longer and Feel Better, Together. Come join us for upcoming events and classes!



Ola Hou I Ka Hula Hypertension Class
Kumu Hula Lorie Lei teaching class participants how to kāhōlo during Ola Hou I Ka Hula Hypertension class on October 10.

Diabetes Support Group
Po'okela Ikaika Dombrigues shared his mana'o about various different la'au during the October 16 Diabetes Support Group meeting.



Breast Cancer Awareness Month



Pink Out 5k Color Run

Debbie Kenui, Rosilyn Handy, and Sweetie Osorio decked out in pink to promote breast cancer awareness during the Pink Out 5k Color Run on October 13 at the Ho'olulu Complex in Hilo. Attendees also had fun with some zumba!

Party in Pink

Zumba Fitness Hawaii hosted its annual Party in Pink Zumbathon to promote breast cancer awareness on October 20 at the Kea'au Shipman Gym.



Be part of a healthy Hawai'i Island!



Support Hui Mālama Ola Nā 'Ōiwi health services and education today!

Monetary Donations

Visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donation

We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution.
(808) 969-9220

Volunteer

Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs. Call or visit us online to learn how you can help!
hmono.org/volunteer



Grow Your Own Lā'au

The Grow Your Own Lā'au (GYOL) program was launched in June 2017 in an effort to teach community members how to grow lā'au (plants) at home. Participants are provided a Plant Resource Guide that covers propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of selected plants. We are excited to share that this coming season of Grow Your Own Lā'au classes, we will be expanding the Resource Guide with five new plants.

- Noni
- Kukui
- Kalo
- Pōpolo
- Kī



Noni

In addition to these five, the guide will still include the original five local plants for participants to learn about:

- 'Ōlena
- Ka'ukama 'awa'awa
- Ko'oko'olau
- Lūkini
- Māmaki



Māmaki



The Grow Your Own Lā'au program is led by Matthew Kaho'ohanahano, a Maui-born native who is passionate about self-sustainability and wants to share his knowledge with others.

Call (808) 969-9220 to join us for our upcoming Grow Your Own Lā'au classes!

HILO - Saturday, December 8, 2018
• Hui Mālama Office • 10am - 12pm

KOHALA - Saturday, December 15, 2018
• Kohala Intergenerational Center • 10am - 12pm

WAIMEA - Saturday, January 12, 2019
• Tutu's House • 10am - 12pm



Ladies' Night Out

An evening devoted to the women of Hawai'i island

We hosted our 18th Annual Ladies' Night Out on September 28, 2018.

The evening began with an opening protocol by Mālama Ka Pili Pa'a, along with a welcome message from Executive Director Louis Hao, the Board of Directors, and visiting Executive Director of Papa Ola Lokahi, Sheri Daniels.

542 women gathered to participate in the evening's array of health activities and pampering services including hair trims, massages, facials, and much more. Free health screenings included blood glucose, blood pressure, and vision exams. The evening activities were made possible by the 250+ service providers and volunteers that joined to offer their help.

Special guest Desiree Cruz served as our wonderful emcee for the night announcing all the events and prizes, including one highlight the women always look forward to - the Special Drawing for local designer clothing. Mahalo nui loa to this year's designers Simply Sisters and Dezigns by Kamohoali'i.

In its 18th year, Ladies' Night Out continues to promote health awareness and appreciation for the women of Hawai'i island. This special event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā 'Ōiwi until her untimely passing in 2000. Her valuable guidance and consultation helped Hui Mālama Ola Nā 'Ōiwi provide women and children opportunities for health awareness and care.

Mahalo to all the women for attending, our service providers and volunteers for their time, our donors for their generosity, and the County of Hawai'i for use of the Afook-Chinen Civic Auditorium. It was a great evening and we look forward to the 19th Annual Ladies' Night Out!



Mahalo to our donors:

- Aloha Grown
- Big Island Candies
- Big Island Delights
- Bubba Gump Shrimp Co.
- Caroline Kekaualua
- Colleen Auld-Aviles
- Creative Arts
- Dawn Hao-DeMotta
- Dezigns by Kamohoali'i--Micah Kamohoali'i
- Elks Club
- Hawai'i Community College Culinary Arts Department
- Hawai'i Food Alliance
- Hilo Hawaiian Hotel
- Hilo Medical Center
- HMSA
- HPM Building Supply
- Kenneth Lee Nursery
- Kens House of Pancakes
- KTA Super Stores
- Kuhio Grille
- Liko Lehua
- Lili'uokalani Trust
- Mary Kay
- MasterCuts
- Mauna Kea Beach Hotel
- Mauna Loa Macadamia Nut Corp.
- Meadow Gold Dairies Hawaii
- Millie's Deli & Snack Shop
- Ohana Health Plan
- Ponds Hilo-Dining On The Edge
- Punalu'u Bake Shop
- Renee's Hairstyling
- Salon Kris
- Simply Sisters - Regina "Lola" Miller
- Skin Sense Hawaii - Dale Pregil
- Studio 58
- Supercuts - Hilo
- TD Food Group, Inc.
- The Most Irresistible Shop In Hilo
- UnitedHealthcare Community Plan
- University of Hawai'i Hilo Athletics
- Verna's Drive-In III
- Yoga Centered
- YWCA of Hawaii Island Healthy Families Program
- Zippy's Restaurants

Mahalo to our service providers and volunteers:

- A Cut Above
- Afe Filemoni
- Aloha Care
- Aunti Sandi's Human Resources Class
- Avon
- Bay Clinic Inc
- Benjamin Brown
- Blue Velvet Senior Group
- Blue Zone Project
- Cedrick Freitas
- Desiree Cruz
- DoTerra Essential Oils
- Doug Scott
- Fa'atali Fai'ai
- Glen Phillips-Panui
- Hawai'i Acupuncture Response Team
- Hawai'i Island HIV/AIDS Foundation (HIHAF)
- Hilo Medical Center
- HMSA
- Hula Sisters
- Ikaika Dombrigues
- Jaylynn Jitchaku
- Jaymie Kalawe
- Jennie Maikui
- Jeremiah Jake Justensen
- Jessica Arruda
- Justin Texeira
- Kainoa Scott
- Kamaile Puluole-Mitchell
- Kauila Haumea's Healing Hands and Heart
- Kawika Osorio
- Kea'au High School Letterman's Club
- Kimo Miller
- Koa Yamashita
- LeeAnn Lindsey
- Lei Andrade
- Lili'uokalani Trust
- Linda Griffin
- Makana Middlesworth
- Mālama Ka Pili Pa'a
- Mary Kay
- Massage by Tim
- MasterCuts
- Meadow Gold Dairies of Hawai'i
- MedQuest

- Men of Pa'a
- Nadine Hughes
- Nail Fab / Color Street
- Narciso Tadeo
- Ohana Health Plan
- Project Vision Hawai'i
- Regis Salon
- Rianalyn Handy
- Roni Domingo
- Rosita Tadeo
- Samantha Puluole-Mitchell
- Sarah Luchenbill
- Sarah Naehu
- Sequoia Hughes
- Shannon Mathias
- Shirley Brown
- Supercuts
- The Arc of Hilo
- The Food Basket, Inc.
- Tony Sagapolutele
- Tristan Taumua
- UnitedHealthCare / Medicare
- UnitedHealthCare Services, Inc.
- University of Hawai'i at Hilo - Circle K International
- University of Hawai'i at Hilo - Delta Sigma Pi
- University of Hawai'i at Hilo - School of Nursing
- University of Hawai'i at Hilo - Sociology Club
- University of Hawai'i at Hilo - The Daniel K. Inouye College of Pharmacy
- Verge Galima
- Vibration Zone
- Waiakea High School Key Club
- Wayne Kamohai
- White Ginger Healing
- Xandra Talaro
- Xavier Texeira
- Youth Challenge Academy
- YWCA of Hawai'i Island Healthy Families Program

Mahalo to our sponsors.

This event was made possible through funding from the County of Hawai'i and the Health Resources & Services Administration.



Diabetes in Hawai'i

According to the American Diabetes Association, approximately 13% of Hawai'i adults have diabetes and alarmingly, over 41% have prediabetes. Having prediabetes means that you are at risk for type 2 diabetes and that your blood glucose level is higher than normal, but not high enough to be diagnosed as diabetes. The good news is that prediabetes can be reversed and you can prevent the onset of type 2 diabetes. This means that those with prediabetes should speak with their doctor to develop a plan that may include a change in diet and physical activity.

Want to know what your risk level is for being diagnosed with diabetes? Take the American Diabetes Association risk test on page 9!

Type 1 and Type 2 Diabetes

Having type 1 diabetes means that your body does not produce insulin. While type 1 is often thought of as a childhood disease, it can be found at any age.

Having type 2 diabetes means your body does not produce enough insulin or your body develops a resistance to insulin. 90% of people who have diabetes have type 2 diabetes.

What does insulin do for the body and why is it so important? Insulin is a hormone that allows the body to use glucose (sugar) from the food you eat and turns it into energy or stores it for future use. Insulin also regulates your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia).

With proper management, those living with type 1 or type 2 diabetes can live a healthy life. As the American Diabetes Association explains, "With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives." (Source: diabetes.org)

What can you do to reduce the risk of type 2 diabetes?

Nutrition and physical activity have a big impact on the body's ability to produce and use insulin as intended. If you overload your body with too much sugar, it makes it difficult for what little insulin your body has to move the glucose from the blood and into your cells for energy or storage. Physical activity helps to lower your risk of type 2 diabetes by keeping your blood glucose at an optimum level. The American Diabetes Association recommends that we get about 30 minutes of physical activity per day. Haven't been physically active in a while? Start out with 5 to 10 minutes of activity a day and increase your time each week. Keeping a record or journal of your meals and activity can help you stay on track with your goals.

A key part of prevention is knowing your numbers and visiting your doctor. If you complete routine screenings as recommended, you may catch health issues earlier and reduce the chance of developing worse conditions.



Diabetes Management

Know Your Numbers

You may hear it all the time, but make sure that you know your numbers! What does that mean? This means that you keep track of your daily blood sugar readings, do the A1C test as recommended by your doctor, check your blood pressure, and have your blood cholesterol checked at least once a year.

One of the best ways to ensure that your diabetes is under control is checking your own blood sugar. You should record this in a daily journal along with foods you eat, physical activity, and anything worth noting (especially stressful situations). This information can help you and your doctor understand if your insulin or other diabetes medications are effective and how physical activity, stress, and the food you eat affect your blood sugar.

Another necessary step in managing your diabetes is to take an A1C test as recommended by your doctor, usually every three months. An A1C test is a test that measures your

average blood sugar level over the past three months. The American Diabetes Association recommends an A1C of less than 7%.

In addition to checking your daily blood sugar and A1C results, checking your blood pressure when you visit the doctor is a good practice to keep track of your health.

According to the American Diabetes Association, about two in three people in the United States who have diabetes also report having high blood pressure. A primary factor in having high blood pressure is the level of cholesterol in your blood. A blood cholesterol test will show how much LDL (“bad”) cholesterol and HDL (“good”) cholesterol is in the blood. It’s important to know that different health conditions can compound or cause other complications. High blood pressure, high blood glucose levels, and high levels of LDL cholesterol are risk factors for diabetes and heart disease.

Being an active participant in your diabetes care is the best way to make sure that your care plan works for you, so don’t be afraid to ask your doctor about proper tests and your numbers.

Routine Exams and Recommended Care

Those with diabetes should have regularly scheduled exams to make sure that their eyes, kidneys, and feet remain healthy. You should see your eye care professional at least once a year for a dilated eye exam. High blood glucose levels may make vision temporarily blurry and high blood pressure can exacerbate eye problems.



Taking care of your feet means that you should schedule regular appointments with your podiatrist. In addition, there are several things you can do at home to make sure your feet are healthy. Check your feet every day for red spots, cuts, swelling, and blisters. Using a mirror can help with checking the bottoms of your feet. If you can see and reach your feet, trim your toenails when needed. Setting a time everyday to do routine foot checks is a great way to make sure your feet are in good shape.

How does diabetes affect the kidneys? The kidneys act as a filter that sorts out waste products from the blood. When

your blood glucose level is too high, the kidneys work extra hard to filter out waste products and, eventually, the kidneys get worn out. Preventing diabetic kidney disease starts with managing your blood glucose and blood pressure.

In developing your diabetes care plan with your doctor, make sure to ask about the following components of your diabetes care plan:

- How and when to check your blood sugar
- When to take your diabetes medicine(s)
- Scheduling regular health checkups
- Ways to cope with stress
- A plan for physical activity
- A meal plan
- A plan for meeting health goals such as managing blood pressure

Living a Healthy Life with Diabetes

If living with diabetes, you can still live a healthy and long life. Learning about diabetes, making healthy changes to diet and physical activity, reducing stress, and seeing your doctor as recommended are great steps in managing your diabetes. For more support, read about Hui Mālama Ola Nā ‘Ōiwi diabetes support services below.

Hui Mālama Ola Nā ‘Ōiwi Services

Diabetes Management Class

Hui Mālama offers Diabetes Management classes to help those with a diagnosis manage their diabetes. Classes are 2.5 hours once a week for three weeks. Participants will learn basic information on diabetes, nutrition, exercise, medication and tools needed for continued management of self-health while living with diabetes.

Call us at (808) 969-9220 to sign-up and join us at any of the following class sessions:

HILO - Thursdays, November 1 - November 15

KA‘Ū - Mondays, November 19 - December 3

KONA - Tuesdays, December 4 - December 18

NORTH HAWAI‘I - Mondays, January 14 - February 4

Diabetes Support Group

Come join the Hui Mālama Diabetes Support Group to share about your journey, build ‘ohana, receive educational information, and get answers to your health questions.

When: 1st and 3rd Tuesday of each month

Time: 1st Tuesday meets 5:30-7:00pm

3rd Tuesday meets 1:30-3:00pm

Where: Hilo office, 1438 Kīlauea Ave

Are you at risk for type 2 diabetes?

- WRITE YOUR SCORE IN THE BOX.**
1. **How old are you?**
 Less than 40 years (0 points)
 40-49 years (1 point)
 50-59 years (2 points)
 60 years or older (3 points)
 2. **Are you a man or a woman?**
 Man (1 point) Woman (0 points)
 3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
 4. **Do you have a mother, father, sister or brother with diabetes?**
 Yes (1 point) No (0 points)
 5. **Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
 6. **Are you physically active?**
 Yes (0 points) No (1 point)
 7. **What is your weight category?**
 See chart at right.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		


Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:
 You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/hawaii or call **(808) 947-5979**.



Giving Tuesday

November 27, 2018

The season for gifting and giving is upon us! Giving Tuesday was founded on the heels of Black Friday and Cyber Monday - two days of much consumption and spending. The day focuses on giving back to our communities. Join this global movement on **Tuesday, November 27** to give back by volunteering your time or donating to a non-profit organization.

A word from our Executive Director

We at Hui Mālama Ola Nā 'Ōiwi humbly ask that you consider supporting our agency on this day. Mahalo to our Hawai'i island community for its continuous support for the past 27 years. It is our pleasure and honor to serve you.



Please know that with any donations made, your money goes back into the community in the form of health education and classes in schools, community groups, and open sessions across the island. I think of our Hawaiian traditions and my childhood with the 'ōpelu. It was a reciprocal relationship: we hānai the 'ōpelu, feed the 'ōpelu, and eat the 'ōpelu. It is a relationship based on mālama and trust. In the same way, your gifts and donations help us to help the community. Thank you for considering donating to our health efforts on the island.

**Mahalo nui loa,
Louis Hao.**



Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization dedicated to improving the health & wellness of Hawai'i island. Services are offered island-wide and open to the community.

Ways to Give

Hui Mālama Ola Nā 'Ōiwi believes in helping and supporting a healthy Hawai'i Island community which is why giving to Hui Mālama means giving back to our Hawai'i 'ohana.

Monetary Donations

Please visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donation

We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution. (808) 969-9220

Volunteer

Interested in giving back to the community through volunteer work? Join our team today! You can apply as a volunteer online at hmono.org/volunteer or stop by the office to fill out an application.

'Ono Recipes for the Holidays

Each holiday season, the recipe books come out to create the most 'ono dishes.
Here are a few of our favorites.

Want your recipe to be featured in an upcoming newsletter? Please email us at contact@hmono.org.

Slow Cooker Portuguese Bean Soup

Submitted by Hui Mālama Ola Nā 'Ōiwi staff

- 1 cup dried kidney beans
- 8 oz. Portuguese sausage, sliced in small pcs.
- 1 large onion, chopped
- 3 celery stalks, sliced
- 3 carrots, halved lengthwise then sliced
- 1 large potato, chopped
- 2 cups chopped cabbage or kale
- 2 tbsp. chopped parsley
- 1 8oz. can tomato sauce
- 2 ½ quarts water
- ½ cup elbow macaroni, small

In a small pot, bring 2 qts of water to a boil. Add kidney beans. Return to a boil, turn off heat & cover with lid. Let sit for about ½ hour, then drain and remove to a bowl. Saute Portuguese sausage & onion until onion is tender. Place all ingredients (except macaroni) into a 4 qt slow cooker. Cook on low for 10 hours or until vegetables are tender. Skim fat. Add macaroni and allow about 12 min. to cook. Top with more chopped parsley for flavor.

Homemade Turkey Patty

Submitted by Mabel De Silva

- 1 pound ground turkey
- 1 bunch green onion
- 1 small round onion
- 2 slices of wheat bread
- 2 tbsp. Hawaiian salt
- 2 tbsp. black pepper
- 3 tbsp. soy sauce

Brown Gravy

- 3 cups water
- 3 tbsp. cornstarch
- 1 tbsp. brown sugar
- 1 tsp. Hawaiian salt
- 1 tsp. black pepper
- 2 tbsp. soy sauce

In a bowl mix all ingredients together, then cook in cooking oil until brown. Use drippings to make brown gravy. Put 3 cups of water in pan. Bring to a boil; add cornstarch, mixing until it gets a little thick. Add soy sauce, brown sugar, black pepper and Hawaiian salt.

Coconut Custard Mochi

Submitted by Marjorie Elia

- ½ cup of butter
- 2 ¼ cups sugar (granulated)
- 4 eggs (room temperature)
- 1 box mochiko (sweet rice flour)
- 3 tsp. baking powder
- 1 can coconut milk
- 1 can evaporated milk
- 1 tsp. vanilla extract

Beat together butter and sugar. Add eggs and mix well. Add mochiko and baking powder; mix well. Add wet ingredients, coconut milk and vanilla. Mix thoroughly until smooth. Grease and flour 9"x13" pan. Bake at 350 degrees for 1 hour. Cool and cut.

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and today I want to share with you some tips on how you can talk with your family about living healthy.

Are you concerned about a loved one's health, but not sure how to talk with them about it?

Since everybody is unique, there's not one perfect approach. Rather, it's about finding the right approach to reach the person you're talking to.

What's important to remember is that most of our loved ones need a supportive approach, one that offers help and encouragement.



Many people don't respond well to being ridiculed about their health choices or being told what to do or not do. If you tell somebody not to do something, they'll likely turn around and do it anyway. It's basic human nature.

I have found that what works best for me is ap-



proaching health conversations simply by talking story. The holiday season provides a perfect opportunity for this.

While you're cooking, try making a recipe a bit healthier with less salt or using a healthy sweetener instead of sugar. While you're eating, lead by example by making a balanced plate with vegetables, fruit, protein, and portioned dessert. While you're talking story, share what healthy choices you've been making and how good you feel.

These small things can inspire changes in others. Let's talk health with our families this holiday season. I encourage you to start with mālama, supportive talk story, and have fun with making healthy changes.

Interested in learning more? Come talk story with us at Hui Mālama Ola Nā 'Ōiwi, working 27 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220.

Hele mai, come see us... and tell them Aunty Edna sent you!



Influenza Vaccine

Influenza, commonly known as the “flu”, is a contagious respiratory illness caused by flu viruses. Some of the symptoms of influenza include:

- Fever/chills
- Sore throat
- Cough
- Muscle aches
- Headache
- Runny or stuffy nose

Getting the flu is no fun! Make sure to get your flu shot today. Getting the flu shot is the best way to prevent you from getting the flu, decrease the severity of a flu if you contract it, and keep you from spreading the flu to your family and other people.

Where can you get a flu shot? Most insurances are accepted and no appointments are needed at the following pharmacies:

Longs Drugs Downtown
Hilo 555 Kilauea Avenue

Shiigi Drug 333 Kilauea
Avenue, Suite 109

Longs Pharmacy Hilo
Shopping Center
1251 Kilauea Avenue, Suite
190C

Walgreens Hilo
301 Makaala Street

Longs Drugs Prince Kuhio
Plaza
111 E. Puainako Street,
Bldg. E

Longs Pharmacy Keaau
16-586 Old Volcano Road

Longs Pharmacy (located in
Target-Hilo) 391 E. Makaala
St.

Longs Drugs Pahoa
15-1454 Kahakai Blvd.

Longs Pharmacy Ponahawai
670 Ponahawai Street, Suite
213

Longs Pharmacy Pahala
96-3163 Pikake Street

Longs Pharmacy Puuhonu
82 Puuhonu Place, Suite
103

Longs Drugs Keauhou
78-6831 Alii Drive, Suite H

Safeway Pharmacy Hilo
381 East Makaala Street

Longs Drugs Kailua-Kona
75-5595 Palani Road

Sack n Save Hilo
2100 Kanoelehua Avenue

Longs Pharmacy Kona
75-5995 Kuakini Hwy, Suite
5B

Safeway Pharmacy Hilo
381 East Makaala Street

Costco Pharmacy Kona
73-5600 Maiiau Street

Longs Pharmacy (Target-Kai-
lua Kona) 74-5455 Makala
Blvd.

Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 3 years old between August 2018 and July 2019?
- Has he or she completed all 19 vaccinations?



Did you know if your child turns 3 years old between August 2018 & July 2019 AND completes their 19 immunizations, they can receive a **FREE** backpack or sleeping bag? Just submit their immunization card to our office in Hilo to pick your prize!

The 19 required immunizations include:

- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

For more information about our Immunization Program, call us at (808) 969-9220.

Safeway Pharmacy Kona
75-1027 Henry Street

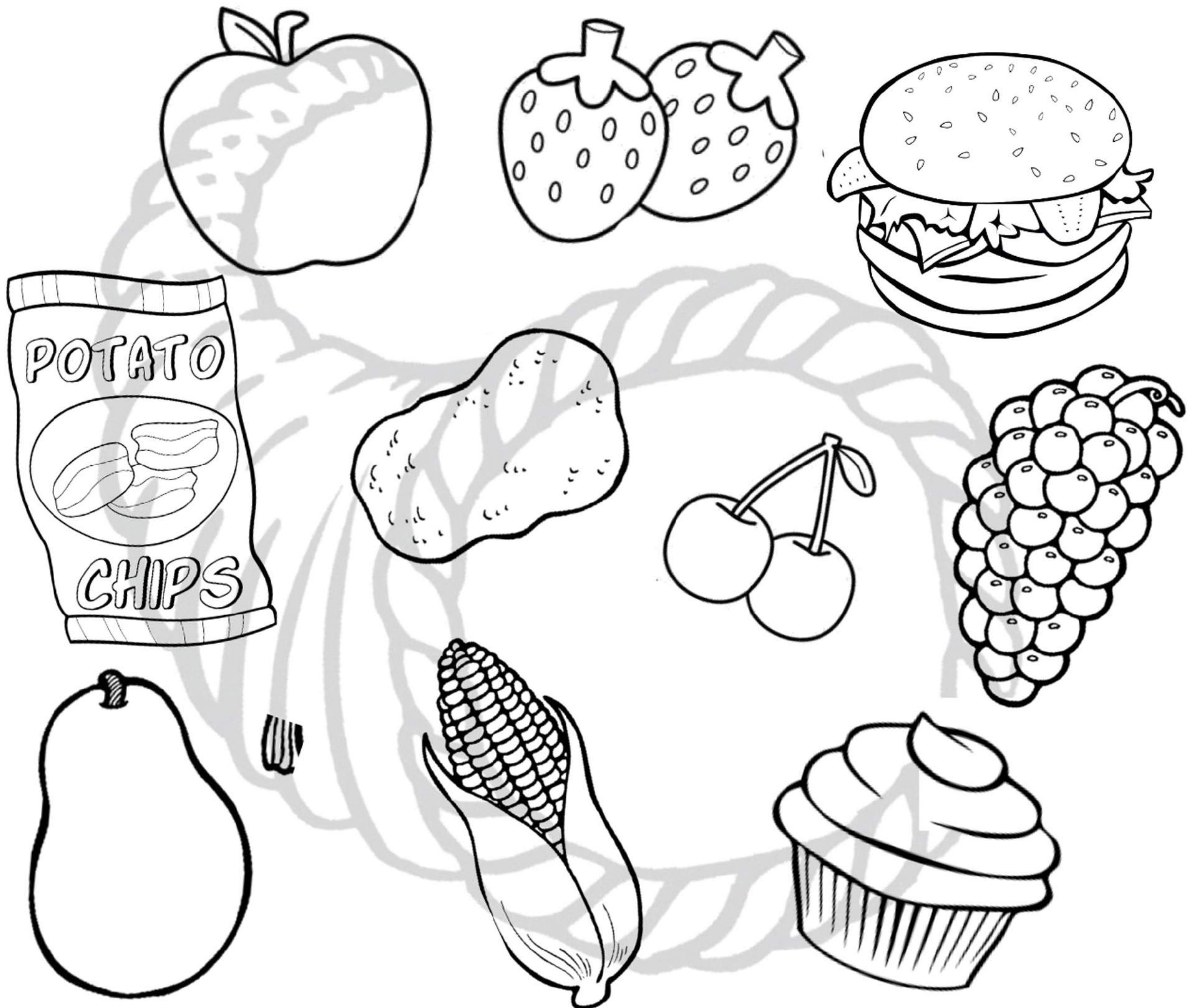
Foodland Waimea
67-1185 Mamalahoa Hwy
#100A

Longs Drugs Waimea
65-1271 Kawaihae Road

Do you know if your child has received all recommended immunizations? Hui Mālama can help! Call (808) 969-9220 for more information on vital vaccines.

Keiki Coloring Corner

Get ready for a healthy Thanksgiving meal by coloring in the **healthy foods**. Make sure to put some fruits and veggies on your plate!





Hui Mālama Ola Nā 'Ōiwi

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session a week). Please call or visit us online to sign up. **Call us for Healthy Hāpai class time in Ka 'ū.</p> <p>1438 Kīlauea Ave, Hilo (808) 969-9220 HMONO.org</p> <p>Live Longer & Feel Better, Together!</p>				
<p>5 *10AM Healthy Hāpai-Hilo *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>6 10:30AM Basic Stretch & Strengthening -Keaukaha *4:30PM Hypertension Class-Kona 5PM Yoga -Keaukaha 5:30PM Diabetes Support Group-Hilo</p>	<p>7 **Healthy Hāpai-Ka 'ū 9:30AM Basic Stretch & Strengthening -Na 'ālehu *4PM EFNEP-Waimea *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>8 *9AM Tobacco Cessation Class-Ka 'ū 10:30AM Basic Stretch & Strengthening -Keaukaha *5PM Diabetes Class-Hilo 5PM Yoga -Keaukaha</p>	<p>9 10AM Zumba -Hilo *2PM Tobacco Cessation Class-Hilo</p>
<p>12 OFFICE CLOSED Veterans Day To all those who have served, thank you.</p>	<p>13 10:30AM Basic Stretch & Strengthening -Keaukaha *4:30PM Hypertension Class-Kona 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>14 **Healthy Hāpai-Ka 'ū 9:30AM Basic Stretch & Strengthening -Na 'ālehu *4PM EFNEP-Waimea *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>15 *9AM Tobacco Cessation Class-Ka 'ū 10:30AM Basic Stretch & Strengthening -Keaukaha *2PM Tobacco Cessation Class-Hilo *5PM Diabetes Class-Hilo 5PM Yoga -Keaukaha</p>	<p>16</p>
<p>19 *10AM Healthy Hāpai-Hilo *5PM Diabetes Class-Ka 'ū *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>20 *9AM Tobacco Cessation Class-Ka 'ū 10:30AM Basic Stretch & Strengthening-Keaukaha 1PM Diabetes Support Group-Hilo *4:30PM Hypertension Class-Kona 5PM Yoga-Keaukaha</p>	<p>21 **Healthy Hāpai-Ka 'ū *4PM EFNEP-Waimea *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>22 OFFICE CLOSED Thanksgiving</p>	<p>23 OFFICE CLOSED</p>
<p>26 *10AM Healthy Hāpai-Hilo *5PM Diabetes Class-Ka 'ū *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>27 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>28 **Healthy Hāpai-Ka 'ū 9:30AM Basic Stretch & Strengthening -Na 'ālehu *5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>29 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha</p>	<p>30 *9AM Tobacco Cessation Class-Ka 'ū *2PM Tobacco Cessation Class-Hilo</p>

(808) 969-9220 • HMONO.org  **/HMONO.org**  **hui_malama**

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